



# 6 SMART



# THINGS

## PARENTS CAN DO TO HELP YOUR CHILD GET READY FOR SCHOOL



### Smart thing #1: Encourage play.

- play with your child
- follow their lead
- play fun; play smart
- make safe places for them to play alone and with other children

### Smart thing #2: Encourage learning.



- encourage your child to ask questions
- set a good example
- play games together
- find ways to make learning fun
- take trips to fun but educational places
- compliment your child on how they use their mind



### Smart thing #3: Read and talk with your child.

- involve the whole family
- make reading fun!
- get cozy
- make up your own stories, or tell true stories
- get your child actively involved
- pick books that're right for your child's age and interest

### Smart thing #4: Limit screen time.



- screens can be habit forming
- be in control of what your child is watching and playing
- use rating guides to help you choose wisely
- don't let your child use the internet in their own room



### Smart thing #5: Teach social skills.

- make rules for your child to follow
- make a When-Then rule
- encourage your child
- give a choice and a consequence
- use the ACT method

### Smart thing #6: Stimulate independence.



- do not do on a regular basis what your child can do for themselves
- teach your children well
- help your child learn to do for themselves what they are ready to do for themselves

